

REGISTRATION FORM

Name _____
Title _____
Agency _____
Address _____
City, State, Zip _____
Phone (work) _____
Phone (home) _____
Fax _____
E-mail _____

Bike Savvy Techniques Workshop (Fri.): \$45 _____
Conference fee (Sat.): (see below) _____
Total enclosed: _____

Please make check payable to the Kentucky Rails to Trails Council. Mail your check and completed registration form to the Kentucky Rails to Trails Council, P.O. Box 597, Lexington, KY 40588-0597, **by Feb. 10, 2006**. Registrants will receive a confirmation letter.

Cancellation policy: Written cancellation must be received before Feb. 5, 2006 to receive a full refund (less \$25 processing fee). Alternates are encouraged to sit in for registrants who cannot attend.

CONFERENCE FEES

KRTC members

Postmarked before Feb. 10, 2006\$50
Postmarked after Feb. 10, 2006\$65
Day of conference\$80

Students\$40

Nonprofit trail representatives\$40

Non-KRTC members\$85

KRTC membership\$15

Conference fee includes a continental breakfast, buffet lunch, and snacks.

Post Office Box 597
Lexington, KY 40588-0597
Return service requested



The Kentucky Rails to Trails Council presents

2006 KENTUCKY RAILS TO TRAILS CONFERENCE

BUILDING TRAILS For A Healthier Kentucky

Feb. 17-18, 2006
Four Points Sheraton
Lexington, Kentucky



Co-sponsors: The Kentucky Rails to Trails Council, the Kentucky Prevention Research Center, and the Conservation Fund

2006 KENTUCKY RAILS TO TRAILS CONFERENCE

Building Trails for a Healthier Kentucky

The Conference

The objectives for the conference are to:

1. Understand the health, environmental, economic, and community benefits of trails.
2. Identify community partners to support trails projects.
3. Highlight lessons learned from the trail projects in Kentucky and other states.

The conference co-sponsors (Kentucky Rails to Trails Council, the Kentucky Prevention Research Center, and the Conservation Fund) are especially excited about this year's theme: *Building Trails for a Healthier Kentucky*. The conference will bring together diverse groups that share the common goal of improving the lives of Kentuckians through physical exercise. Rail trails and greenways provide a means to achieve this important endeavor.

Continuing Education Units

The Kentucky Society of Professional Engineers has approved the conference for six continuing education units (CEUs). CEUs for certified health education specialists and landscape architects are pending. The Governor's Office for Local Development has approved training hours for HB810.

For additional information, contact Keith Lovan at klovan@lfucg.com or visit the Kentucky Rails to Trails Web site at www.kyrailtrail.org.

When

Friday, Feb. 17

- 7:30 - 8 am: Registration
- 8 am - 5 pm: Bike Savvy Techniques Workshop (see description below)
- 7 - 9 pm: Informal reception

Saturday, Feb. 18

- 7:45 - 8:30 am: Registration
- 8:30 am - 4:30 pm: Conference sessions

Where

Four Points Sheraton
1938 Stanton Way, Lexington, Ky.
1-800-368-7764

A reduced room rate of \$65 is available to conference attendees. To receive the discounted rate, mention the KRTC conference when reserving your room.

Who Should Attend

Trail and greenway advocates, elected officials, community partners, public health professionals, design and planning professionals, landscape architects, engineers, and officials from transportation, park and recreation agencies.

Keynote Speakers

- Dan Burden, *Ex. Dir., Walkable Communities*
- Dave Adkisson, *Ex. Dir., Kentucky Chamber of Commerce*

Other Speakers

- Aaron Beighle, *University of Kentucky Dept. of Kinesiology and Health Promotion*
- Terry Brooks, *Kentucky Youth Advocates*
- Crystal Murray Ducker, *state Office of Transportation Enhancement Programs*
- Yvette Rollins, *Indiana Horse Council*
- Carol Whipple, *Health Education through Extension Leadership (HEEL)*
- Joanna Hinton, *Preservation Kentucky*
- Martin Schickel, *Loveland Bike and Skate Rental*
- Larry Ridenour, *Lexington Big Sandy Rails to Trails Coordinator*
- Colby Wagoner, *Save the Children*
- Cheryl Wyatt, *Bike Educator*
- Steve Wyatt, *Bike Educator*
- Lisa Rainey Brownell, *Trails Educator*
- Judge Rodney Kirtley, *Muhlenberg County*

Bike Savvy Techniques Workshop

Participants will receive a full day of classroom and on-bike skill development. Subjects to be covered include bike and helmet fit, basic cycling rules, sensibility and predictability, communication, lane positioning, turns and scanning, ABC Quick Check, route selection, hazard dodging, instant turns, quick stops, and other confidence-building skills. Participants who complete the final road and written test will receive a certificate from the League of American Bicyclists. All participants must be aged 16 or older. Volunteer instructors are Steve and Cheryl Wyatt of Lexington. Cost is \$45 (includes materials and lunch).